

Evaluating the Approach of the Impact of Architecture on the Treatment Process of Mentally-ill Patients

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Abstract

Experts in mental health have presented this idea for a long time that the physical environment in which treatment takes place affects the treatment process and its consequences. With attention to the idea that architecture is a device in the treatment process, it is the combination of factors and parts of the environmental and architectural designing that creates a synthetic treatment environment. It discusses the positive impacts of the special factors and parts on the patients and the personnel and shows that how effective the environment is in the field of psychotherapy and how it can be an important and effective tool in the patients' human functioning and how it decreases the extreme mental symptoms of the patients and change the view of the society regarding these patients. The goal of this project is to search the fields of psychology and architecture and the connection between these two and also the amount of their mutual impact on each other and trying to understand the connection between psyche and psychology, architecture and space. Therefore, it has been tried to analyze and understand the atmosphere and location in architecture in a psychological light and also the impact of architecture and location on people's psyche. Furthermore, since the subject of the project is designing a center for keeping mentally ill patients, knowing the characteristics and needs of the patients to this center (those who confer only to improve their lives or to get consultation and help for solving their problems rather than those patients who suffer from different disorders but are not willing to refer to these centers) seems necessary. The result is that this peaceful center for people to spend their time not only helps them improve their spiritual and mental lives but also diminishes the increase in the spiritual pressures of urbanization to large extent and decreases the number of future mentally ill patients.

Keywords: Designing, approach, environment, architecture, mentally ill patients

Introduction

Treating a psychological disorder is not only about resolving symptoms, but the goal is to provide facilities that enable the patient to reestablish his or her connection to the environment. In each case, there is a close relation between the patient's connections to other people and the patient's environment. Both start off simply but develop and becomes unique so that the patient will have several complicated relations in a big and complicated living environment. A child needs only its mother and can live in one bed. An offspring lives in a world where its parents and other kids are around and it only needs the space of a bed and a house. A child establishes its personal relations with its family and other children in this environment and uses its house, street, village or school. A mature person has several personal relations and lives in his or her city and may travel to other countries and needs work and social environments. Impacts of a psychological disorder can reverse this development and growth process; relations that are created by the patient in the society and limit the profitability of the patient for that society. The disorder may escalate in a way that the patient will be confined to his or her house. If he or she were to be unbearable within the house, the patient may be hospitalized.

Mentally ill patients have been marginalized in the world for a long time so that the financial and time expenses are not spent on their ill-presumably failed treatment. But these people can be considered as people with a special physical mechanism and at the same time as people with special capabilities and the financial and time expenses can be spent on flourishing their capabilities instead of futile treatments. Social activities, conditions and beneficial presence in the society play a very effective role in the formation of character in the society and people's view of themselves. Mentally ill patients, as members of the society have the right to receive all their needs from the society too. Therefore, the members of the society, the family and the patients' caretakers play important roles in improving the patients' physical illnesses and preventing psychological disorders in them. Providing the health of the people's psyche causes the patients' mental health and protects both from psychological damages. Why do the people have a generally negative view of neurological and psychological patients?

Designing a complex that is homogenous and in coordination with the environment and spirits of people in man's mother (nature), together with soothing and treatment activities, it helps the presence of patients in the society and enhances the sense of profitability in them. The designing which is based on the basis of the anthropological nature in science and the spirit with regard to the quality of architectural spaces and the method of treatment (social activities and hand works) helps the patient to achieve the needed power and peace. The environment of a center must resemble that of a house as much as possible and be homely. It must follow the patterns of a routine life as much as possible. In this respect, different parts in separated buildings cause the patients to be forced to take these paths. In this way, patients can experience aspects of the social life such as communes to work and life and create a creative and live environment for the patients to show their capabilities in and connect with each other and the staff of the center.

Designing and architecture are important parts of the environment surrounding the people. Not only do buildings provide a solution for one's immediate needs, but also they reflect people's culture and tendencies. In most cultures, buildings last for more than one generation. Therefore, the architecture of one generation affects that of the next. During the past decades, psychology has become sensitive to the impacts of social factors on mentally ill patients and the architecture of the buildings is one of these factors. In this study, buildings and facilities that are in need of a psychological light are discussed. The impact of other buildings such as houses and factories on those who live and work there is not analyzed here. Designing buildings for psychological care must be derived from their function. Most mental hospitals in the west are not proper for modern concepts and ideas of treatment. They are often buildings that shelter thousands of patients. This makes the issue of creating the needed small groups in this paper's suggested system problematic. This is not a new problem. The goal of this paper is to try and understand the connection between psyche and psychology and between architecture and space. It is tried to analyze and understand space and location in architecture in a psychological light and also the impact of architecture and location on people's mentality.

The significance of the subject can be analyzed from different aspects:

- Lack of sufficient attention to the relation between psyche and man with regard to the complicatedness of the psychological layers of man's perception is a matter of great importance.
- The quick and unprecedented pace of the evolutions of the modern-day inter-connected world, together with advantages, also carries some risks. With this quick advancement of science and technology and life in general, it is expected that in future years, a new science will be introduced every 40 days. The fact that human kind must accommodate with these changes and developments constantly to fill in the gaps causes a great deal of spiritual and mental pressures so

that one may be able to adjust and accommodate one's pace with that of the environment. But it seems that this sense of falling behind lingers in one's mind forever (Sanaati, 2014).

- The multiple spiritual and mental problems of modern man, especially in evolving and developing societies, like our current society that together with the imported modernism crisis which is a preoccupation for all machine-based societies, it is also considered a the unique crisis of the soullessness of modern big cities that put so much mental pressure on most people and its consequences include depression, stress, schizophrenia, etc. and in this respect, what architecture, as the frame of these incidents, can do is of great significance.

- Treating mental illnesses is often bounded to mental hospitals. Violating people's basic human rights and damaging their respect and pride by inhuman cares is still seen in some institutions and care centers. Facing mentally ill patients, utilization of states of excommunication, detention and seclusion often present themselves as the only solutions. But the facts say that those who suffer psychological disorders can be improved and have social participation. There are better and more suitable conditions in which these services can be offered to them.

- These centers are so important and beneficial that, quite like parks, they must be in all districts to help people as soon as possible. Functions that are provided in a center include treatment, rehabilitation and evaluation.

- Families that have a member who suffers from mental illnesses, even if all treatment facilities were provided for them, they still face several problems. It is hoped that the universal health system can solve the problems of mentally ill patients in the society. Mental hospitals and mentally ill patients must also be regarded as parts of the society's general illnesses (Zafarqandi, 2015).

Different service centers for mentally ill patients

Psychosocial health centers

This type of centers present detailed evaluations in professional cases in condition that the services are universal, comprehensive and constant in the field of care for prevention, timely diagnosis, treatment and post-treatment follow-ups for psychological disorders between selected and predetermined cases. These universal centers are in fact more of a program rather than a compound set of buildings. This type of centers research and analyze to plan and coordinate the necessities of mental health centers so that the set of needs of the mental health of a human community are reached, which in turn are a combination of different services as being under the supervision of a unified management and multi-fold physical foundations or being under the supervision of a unified management and combinational physical foundation or under the supervision of different managements that are organized through contracts or agreements to provide the cohesion of the above mentioned services.

Psychological clinics for non-hospitalized patients

In these centers, the psychiatrist takes responsibility for presenting services including, diagnosis, consultation and treatment for non-hospitalized patients. With the collaboration of expert personnel that include the least expertise in psychiatrist, psychologist and work-therapist, this central core of the personnel can be completed by experts in other needed fields such as pediatrician, internist, neurologist, nurses trained for mentally ill patients, speech therapy, work therapy, rehabilitation, etc. Furthermore, to diagnose and treat patients, the clinic offers trainings for expert psychiatrists and also other people that include general trainings. The clinic also participates in different social efforts that are connected to mentally ill patients and also the conduction of studies in this field.

Psychological services wards in public hospitals

All public hospitals must have a completely known program for reception, management and tendencies of mentally ill patients that they admit. If a public hospital has a psychology department, a qualified psychiatrist must be in charge of the department and it must have professional personnel, especially the nursing personnel who must be trained in mentally ill patients' care.

Having a psychology ward in a public hospital depends on several factors such as local needs, accessibility of other facilities, accessibility of employers and also the hospital's medical area of expertise. All good public hospitals and expectations for caring for cases of mental emergency like attending reactions to severe poisoning, suicide attempts or severe behavioral disorders.

Private psychological centers

Non-governmental centers operate in expert fields. These centers also have the responsibility of providing treatment methods for patients by making sure of the fact that hospitalization in the center can only be a part of the treatment process and the treatment process continues even in case the patient was released. The medical staff must use medication to plan the treatment process and analyze the development of the illness and the amount of reaction to the treatment. Most private psychological centers present their services often locally and in a limited way to a special mental branch. The important issue that differentiates these centers from mental hospitals is that the goal of these centers is not to choose the quickest and most focused treatment method that has quick periodic impacts, but their goal is to choose the most effective treatment method.

Public psychotherapy centers

They are defined as an organization or foundation that is established by the society, either the city, town, state or locally, and provides the facilities for treating neurosis patients. In these centers, treatment is conducted both in short term and long term and both for cases of willing referring and for cases that are referred by governmental institutions. Public psychotherapy centers are increasingly following the policy and strategy of vastness and universality of mental health centers.

Service centers for the mentally retarded

Examples of treatment centers

In our country and all over the world, there are several treatment centers that sometimes have improper architecture or designing, but it has been tried to a large extent for them to have the special relations of the space with its users. Among these centers the Azadi Psychological Hospital of Tehran, the Razi Educational-Treatment Center (Amin Abad) and Jouybare Kochak Mental Asylum can be mentioned. As an example from the western world, the Helsingborg Hospital for the Mentally Ill in Denmark can be mentioned. It was constructed in an area of 6000 meters and with observation of the psychological principles of architecture for the mentally ill patients. Here, pictures of this center are presented.



Figure 1: Helsingborg Hospital



Figure 2: General structure of Helsingborg Hospital

Theoretical basis

Surrounding environment

The surrounding environment includes hidden aspects such as noise, smell and light. These factors are fixed environmental characteristics that may be consciously comprehended. Although these items are not observed most of the time, the surrounding environment has a significant impact on our endeavors. Behavior, work efficiency and even our physical health are affected by sensitive input that is constantly received from the environment.

Emotional impact of the surrounding environment

Russell and Gross Asford have stated that the emotional and sentimental quality of the environment is the most important part of the individual's relation with the environment, because the sentimental quality of the environment which is the main factor in determining the behaviors and memories related to a situation can affect the individual's health and well-being. Emotions include behaviors, physiological changes and mental experiences. According to the opinions of Russell and Gross Asford, behavior implies the main emotions of an individual's emotional state of mind in any given moment.

Tri-factor Theory of Emotion

Behavioral states are often evaluated by semantic dissociation. One of the most influential approaches in this field is the Tri-factor Theory of Emotion that was introduced by Albert Mehrabian and James E. Russell. Mehrabian and Russell suggested the three aspects of irritation-calmness, desirability-undesirability and dominance-obedience to anticipate the behavioral states of reaction as opposed to the environment.

Built environment and social interaction

Opportunities for meeting with others are the prerequisite for the propagation of unofficial and unexpected mutual social interactions.

One of the important factors for the formation of the places' central function is the placement or non-placement in the path of routine activities. Places are comfortable only when they are clearly segregated by barriers. People's personality differences create difference in social tendencies. Those who do not need to be dominated need more controlling than those who have more social interactions.

Designing function for social interaction

There are several reasons that explain the desirability of social interactions. Each opportunity for reaching such a goal has been evaluated as positive. The other reason is that activities such as interaction with others and watching people's activities help the individual's growth by creating grounds for socialization and accepting the society. If people were to be in need of social contact, they provide its grounds in any environment. In some of the environments, this ground is more

easily provided. Public spaces can be located at the center of the buildings. There is a possibility for designing corridors with sufficient width and suitable corners for stopping and accidental meetings or prearranged dates. Spaces for sitting and waiting can be designed in a way that people are in a comfortable distance from each other and have the desirable time and place for social interaction.

Effective factors in understanding the environment

It is known that in architecture, whose ultimate result is a space, volume is the first factor for defining that space, form is the first factor for defining the volume, shape is the first factor for defining form and line is the first factor for defining shape. The form element is one of the tools that architectures use to affect the users of that place with most of their intended psychological and emotional impacts. The visual shape, quality, scale, relation and form of the space connect with its consisting elements, meaning body, floor, organized ceiling and the individual in this confined space. Therefore, the use of form must be done consciously. Lack of attention to the mental impacts of the space on people, often faces the designing with problems that are irrecoverable. The geometry of the space's volume, which is one of its inseparable parts, imposes most of the psychological impacts on the individual. Stability or dynamism, narrowness or vastness and focus and attention to special points are all achieved through the geometry of space.

Anticipating the impact of space on the individual's behavior

Sensitive reactions are the individual's primitive connection tools. The act that the sensitive mechanisms do naturally is called sense. This sense turns into cognition and is determined and analyzed in the mind. This function of the brain is called comprehension or perception. In other words, each of the individual's sensitive systems that are affected by environmental motivations are interpreted by cognition in the mind and are connected with the experiences of the past and present.

One of the most difficult duties that the architects are facing today is the correct anticipation of space perception by the users and their behavior in contact with the space. Because firstly, people's sensitive mechanisms do not receive motivating factors in a certain rate. Therefore, the impact of the motivation can be different on different people. Furthermore, sometimes the individual is forced to choose one motivation from the multiple motivations that affect different senses, meaning that perception responds to the mentioned motivation. Added to all these factors, the state of the residents and the user community, in different social, economic and cultural conditions and also in different age, health and dynamic states are also effective in perception.

The use of form must be done consciously. Inattention to the psychological impacts of the space on people will often face designing with problems that impose irrecoverable damages. Stability or dynamism, narrowness or vastness and focus and attention to special points are all achieved through the geometry of space.

Through the mental concept, the individual separates the form from its background, observes its shape, color and texture, determines its state and situation through cognition and finds perception from the characteristics and qualities that are related to the individual. The individual can also understand and categorize form through size, its visual shape, consistence, texture, vastness, etc.

Architecture and environment

Form in architecture

The primary forms of architecture are globe, square, pyramid, cylinder, etc. and modern architecture added the forms of panels, bars and coils. Not only do the shapes and colors carry meaning, but the most abstract concepts such as leniency or brutality can be imagined through a special shape and color.

The individual affects and is affected by the environment. Not only does the individual turn the objectiveness in the environment into his mental subjectivity, but also the individual transforms

his mental subjectivities into objectivities. The amount of aesthetic success is a function of the success of the form in transcending content. Designs have capabilities that affect the spirit and mentality of the individual by the form of presentation, shape, coloring, composition and rhythm. It is not without a reason that people evaluate them as peaceful, busy, boring or joyful. Form is the result of a balance between two forces that are the content and characteristics of the used materials in accepting the form. Different materials have different psychological impacts and imply certain meanings. Choosing materials is the choice of capabilities in the material that can have a unique impact on the audience. Added to the materials, the form can produce a new combination that is much more beneficial than the advantages of each component of that combination.

Treatment environment and societies

As psychological disorders often appear between the ages of 18 and 35, educational and work training interrupts social skills, friendship and matrimonial connections. Furthermore, because the seed for this interruption is sown prior to its appearance both in the individual and the family, there are problems in relationships and confidence, especially the psychological disorders that the psychological medicines do not cover. With regard to the fact that there are these psychological problems and that these medicines do not eradicate them, no other therapy can help facilitate the patient's life. One part of this question can be hidden in milieu therapy that creates a supportive environment in treatment centers that imply the principles of a treatment environment.

Analyzing the amount of the repeated admittances leaves no doubt that considering psychological problems are important during the treatment of psychological disorders. Patients who have returned show no difference in terms of reviewing with those who have not. Regardless of the fact that whether or not they have continued to consume their medicine, two factors have played important roles in determining the amount of the returning patients: the emotional feature of the family, and the fact that how much time has the patient have spent with them.

The ideal treatment for patients includes the precise control over the psychological medicinal intervention that is combined with psychoanalytic interventions. This type of treatment is increasingly used at the present:

- Treatment transportation for patients outside of the hospital or clinic
- Group residence

Since sometimes therapy, using medicine is undesirable for patients. They often stop taking their medicine right after being let go from the hospital or center. But they need medicine to stabilize their personality. They deteriorate psychologically without medicine and in the end, become forced to return to the centers. There is one way to stop this cycle of admittance in hospitals and that is for the treatment to go for the patient and not vice versa.

The second type of treatment is the use of group residences. For instance, in the late 1960s and 1970s (George Fairweather et al, 1969), a special residence was established for patients who were recently released from mental hospitals. This residence gave an opportunity for a task-based group experience that included running home errands, buying groceries and finding jobs for each other. Gradually, more responsibility was given to the patients until this residence was completely run by previous patients of the very same residence.

Analyzing the impact of color in designing psychological hospitals' environments

Color perception is also affected by the impact of fadedness and chromaticity, adjacency, design and texture of colors (Alice Bailey, 1953). The choice of colors must be done according to the geographical location and lighting quality, natural colors and the place's regional characteristics. The choice of proper colors for each place, together with other factors, depends on the sources of light, geographical location, size of the considered area, the type of actions to take place in there and

the age of people who use it. Creating a place in which several colors and shadows are implemented is a way to create interest and provide the needed motivation for a richer environment (Jacob Liberman, 1991).

- Motivating colors can be utilized for objects that are not destructible and regarding damageable objects they are in lighter colors so that they are less in the attention.
- In rooms that are designed for establishing social interactions between patients, the use of warm colors is proper, but in bedrooms and private places, the colder colors that have less effectiveness are more appropriate.
- The color for the doorframes of the staff department must be the same as the walls, but for patients, the frame can have a unique color.
- The colors of the walls can be used to guide the patients, especially those that suffer from distractions or amnesia.
- The color red should not be used because of its resemblance of the color of blood. The color yellow too is usually disliked by schizophrenic patients.

Psychology of architecture and acoustics

The most prominent impact of undesirable noises is hearing disorder. But noises have other damages too. Noise distractions, added to generating reactions of public stress, lead to physiological changes in the structure of blood arterioles and can cause increasing blood pressure, heart diseases and ulcer. Noises, as stressful factors cause irritation and displeasure, intensify anger and reduce the pain endurance threshold. Noises damage the hearing precision, reduce learning capacity and for the staff, noises reduce efficiency and increase working avoidance. Noise is one of the most disadvantageous environmental stress-making factors. The acoustic quality of the inside of the building can be improved by choosing surfaces and furniture that do not reflect or intensify noises. Walls, surfaces and furniture may have different noise absorbing characteristics. The surfaces that are covered with suitable amounts of carpet, fabrics, wood, noise-taking tiles and acoustic panels create a quieter environment.

Case study: Describing the state of the centers of caring for the mentally ill patients in the city of Tehran

There are several private caring and rehabilitation centers for the mentally ill patients; but, none of these centers were not specifically constructed for this purpose. They were all residential private houses that were later used for taking care of the mentally ill patients by minor adjustments one in them. The general structure of all centers is almost the same and there is not any difference in the spaces within these centers. Their only difference with each other is in their formation of spaces and diagrams. In fact, a series of fixed functions are seen in all centers that are placed next to one another based on the form of the building and the spatial facilities of that building. The care centers for the mentally ill patients, because of their inappropriate and irrelevant designing to their goal are not capable of offering suitable treatment services and cannot respond to all the needs of the patients. To make up for a part of this deficiency, all the centers have conducted changes in the placement of the walls and interior spaces. But the problem of the spaces' dispersed nature and lack of organization has not been completely solved and both the patients and the personnel suffer from this incorrect placement of spaces and functions. Among the problems of private care centers is that with regard to the fact that these centers have an occupational aspect for their owners and are considered as sources of income, it has been tried to increase profits by the least amount of expanses. For instance, most of these centers have used materials that are both cheap and resistant against damaging physical factors such as thuds, erosion, powerful washing materials, etc. and also are easily cleaned so that the errands for cleaning and maintaining the center are done with less

personnel and less expense on time and money for reconstructing the internal surfaces of the spaces. Therefore, all the surfaces of the walls, and also the floors are covered with the same kind of even tiles and as a result, a space with no diversity and soul is formed. This state, in its self, implies a sense of being in a treatment and hospital-like atmosphere to the patient and removes the sense of living in a warm and lively environment.

Among the other problems of these centers is their over-crowdedness that has forced the authorities to attribute most of the spaces to the sleeping and resting sections of the patients. Consequently, the space for the patients' group work is reduced and this in turn causes intervention in functions in a way that even in some cases, the passing of patients within the spaces is done with difficulty. This issue has caused the patients to show less interest in dynamic activities. They are more interested in taking shelter in their own beds as private and peaceful environments. It is obvious that this state causes the formation of seclusion and isolation in the patients and drops in group activities and reactions. The number of beds in each room is also above the standard and this causes the elimination of the patients' privacy and ultimately, their dissatisfaction.

To make up for some of these deficiencies, some centers have taken other measures. For instance, they have painted sketches of natural views on the interior walls or have tried to create the sense of freshness in the patients by placing green plants inside the center and create a relatively natural environment, with the hope to decrease the sense of confinement in them to some extent.

Result of studies on mentally ill patients to analyze the impact of environment of patient's behavior

- Most gatherings take place in the sides of the rooms and at the center of the room, the patient has a sense of insecurity and therefore, is very vulnerable. The existence of a wall causes the reduction of the above sensitivity and determines the space to some extent. A wall creates a tangible distance. The individual who is placed at the center of the room is constantly feeling the sense of being under control and supervision and this leads that person to find a place in the corner of the room. Big day rooms cause the patients who tend to be isolated to be forced into a group which may cause the patient's extreme reaction or the patient may be forced to pretend to be asleep so that the patient is relieved from having connections with people.

- Healthier patients drew their chairs closer to the entrance door to keep their distance from others and often turned their backs toward the less healthy patients and with the barricade at the entrance, entering the center of the rooms became increasingly difficult.

- The spaces of the day rooms can be divided into smaller sections by placing portable walls with different combination of furniture in a way that they do not affect the control of the employees for those who are not interested to be among the patients in a specific time and need more peaceful private environments.

Principles of designing a psychological treatment center

The architecture of mental hospitals, with regard to the changing characteristic of their function is evolving. The impacts of this change are still unknown. It is very important for the architects to understand the point that the environment of buildings that are related to mental health is no longer designed solely for the facilitation of supervision and control over the building by a limited number of personnel. The main goal is to provide an environment to help doctors and nurses so that they can restore their patients to their mental health. Hospital personnel are trying to create a treatment atmosphere and the architecture of the hospital must be directed to this goal. The environment that the patients need is different from one time to the other, during the admittance of the patients in the hospital, with attention to the treatment and the development the patient shows. Sometimes the patient needs to be in a group with other patients. These groups are different in terms

of size. There are groups for sleeping in the dormitories and also groups for eating, entertainment, working and the like. Therefore, buildings must provide a segregation of spaces and show a standard of flexibility in the placement of the spaces.

A general state of architecture that suits a mental hospital must be considered. Most existing buildings have institutional and foundational characteristics and are in contradiction with the homely environment that the patients are used to. Therefore, the goal must be that the buildings that are related to mental health must be constructed in a way similar to home architecture. This subject can be stressed a lot. A hospital is not a house and with 80 patients, it cannot be like a regular house that is designed for 4 or 5 people. It is neither desirable nor beneficial for the patient to imagine the mental hospital to be something that it is not. A patient understands and feels a special feeling from the goal in the architecture, peace and intimacy of a semi-homely environment. It is not easy to create a suitable balance but the architecture must consider balance. The closest to the building of a mental hospital may be a residential college. Such buildings include simple residences and group rooms like meeting room and the likes. A number of separated buildings are needed to be placed next to each other to create a village form in an urban environment. Each of these buildings is an independent society and their architecture must be proper for their social role and be something between family houses and national and urban buildings.

Mental hospitals are consisted of the following parts and factors:

- Living residences for patients
- Working space and other rooms for group therapy
- A social center
- Medical center in which treatment and diagnosis takes place
- Temporary residences for the families of the patients
- Sport complex and rooms for the personnel and the consultants
- Office

The common belief in these days is that there must be separate buildings for the above mentioned parts and they must divide the hospital. The issue of block planning is connected with planning a village or a small community. This must be considered as an urban planning rather than an architectural issue. The first thing is to determine the paths of transportation and districts which means to determine which area must be utilized for which function. As a natural reaction to prison-like and compressed mental hospitals in the past, there is a tendency in the recent years for segregating the several buildings in the location of the mental hospital and the programs in which the functions for all buildings are determined. In fact, this plan has a feature of running eccentricity which is not good.

The better approach is to categorize buildings so that a community with main and subsidiary centers in different levels is created. For instance, two or three ward buildings around a common building that include workshops can be categorized and therefore, the village can also be categorized around a main social center. Such a placement reflects the normal patterns of urban and rural planning and facilitates the socialization of the individual by entering the patient into different groups. Furthermore, the construction of the hospital in the form of a complex is facilitated in a way that each village forms an independent entity.

The placement and state of the buildings' architecture in the location of the hospital is of great importance. This matter is made possible by placing the buildings in relation with each other so that some types of space are created.

Spaces will be either small or big or closed or open. If this was to be done, it would help train the patient to understand this environment. The accurate placement and formation is different

from one country to the next. In fact, it reflects the regional traditions in that country's urban and rural planning. It may be said that closer building groups have more advantages in terms of their hospital-like nature and the optimality of construction and implementation. In a great number of cultures, most patients need a private place to sleep and refresh and this must be guaranteed with the designing of the building. Bathrooms and restrooms must have ordinary windowless doors, but they must be opened outward, so that in case need occurs, they can be controlled. The separated rooms for sleeping must have a transparent side and also a curtain to create a private space for the patient. In rooms that are devised for 2 or 3 patients, sleeping facilities must be provided and the space can be divided to provide a space for each patient. Each patient must have a closet for clothes and a shelf for books. These closets can be used effectively for segregating the space during sleeping time. Therefore, the needs of each special group of patients can be effective. Grouping the patients is facilitated when the ward buildings are divided into two parts by placing entrance main service rooms in the center. Each group must have a small daily space for itself. There is a need for this space and spaces for eating for the whole ward and for activities that all patients join and take part in as groups. Each group must have its own washing facilities. Providing treatment rooms is also desirable and one must be appointed for each ward. Each treatment room must have facilities for washing and keeping supplies and sterilizing.

Conclusion

Mentally ill patients, as people who have different spatial perception and analysis than sane people, have different approaches and unfortunately, they are unable to express their needs and desires. It may be because of this lack of connection that the mental asylums are less in the attention of architects or if they are, the designing is done from the view of healthy people and the impacts on mentally ill patients have been less considered. The architect, as a person who is aware of the characteristics and features of the space, uses experiences in designing spaces. On the other hand, users of the space present their needs and desires and the designer observes these desires as much as possible and tries to realize them. Therefore, this study is looking for treatment spaces for the peace and welfare of the patients with the approach that it may have a share in improving the patients' health and be able to shift the approach of the society toward these people in a positive light.

With attention to the above mentioned subjects in this paper, it is deducted that designing a complex that is homogenous and in coordination with the environment and spirits of people in man's mother (nature), together with soothing and treatment activities, it helps the presence of patients in the society and enhances the sense of profitability in them. The designing which is based on the basis of the anthropological nature in science and the spirit with regard to the quality of architectural spaces and the method of treatment (social activities and hand works) helps the patient to achieve the needed power and peace. The environment of a center must resemble that of a house as much as possible and be homely. It must follow the patterns of a routine life as much as possible. In this respect, different parts in separated buildings cause the patients to be forced to take these paths. In this way, patients can experience aspects of the social life such as communes to work and life and create a creative and live environment for the patients to show their capabilities in and connect with each other and the staff of the center.

The importance of this paper lies in the fact that by finding the missing part in the rational and mutual relation between the society and damaged or vulnerable citizens, it can form a practical cycle that makes the urban space more kind, more balanced and more sustainable by the gradual eradication of the above mentioned problems. It can create an environment that would be ideal to modern citizens. With regard to the above mentioned issues, the project tries to create a hospital or

center with a happy and peaceful environment to reach the above mentioned goals and have a healthy and dynamic society.

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